University of North Texas  
Department of Kinesiology, Health Promotion, and Recreation  
KINE 5205: Sport and Exercise Psychology Professional Seminar  
Spring Semester, 2021 | Select Mondays 5:00 PM  
UNT Canvas and Zoom

**Co-Instructor Information**
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Department of Kinesiology, Health Promotion, and Recreation  
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**Teaching Assistant**
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**Course Description**
1 to 3 Credit Hours: This seminar provides masters and doctoral students with the opportunity to have professional hands-on experience developing research and presentation skills. This course will primarily focus on mentoring undergraduate and graduate students through the research process in sport, exercise, and physical activity settings.

**Purpose**
The purpose of this course is to provide graduate students with an opportunity to acquire an understanding of sport and exercise psychology through interactive discussions, data collection and management, and participation in research proposals, projects, and professional practice interventions.
**Learner Objectives**

1. To acquire an understanding of the major issues and concepts pertaining to the psychology of sport and exercise.
2. To read, synthesize, and critique existing scientific literature; and to discuss the status and ramifications for future research.
3. To develop sophisticated insight into significant contemporary issues in the social psychological and psychological explanations of human performance.
4. To become acquainted with procedures, designs, methods, and analytical techniques appropriate to the sport and exercise psychology field.
5. To implement sport and exercise psychology theory into practice as a researcher, consultant, coach, and/or teacher in the field.
6. To develop an ability to communicate through discussion and writing, the terminology, concepts, and the connection between research and phenomena.

**Required Textbooks**


Additional readings will be posted on Canvas. You will be expected to read these materials in preparation for class discussions. *The projects and grading criteria below are subject to change based on the needs and interests of the students involved.*

*Projects that will be discussed during meetings will be adjusted for students who are NOT taking the course for credit to suite interests.*

**Grade Criteria**

There are six projects that represent 100% of your final grade. Actively involving yourself in class discussions and activities can help improve your understanding of the topics covered. Should you have any questions regarding project assignments or grading, it is **YOUR RESPONSIBILITY** to see the instructor(s) well in advance of due dates. We will be happy to discuss any of the above requirements with you.
<table>
<thead>
<tr>
<th>Grading Criteria</th>
<th>Points</th>
<th>Percentage</th>
<th>Your Points</th>
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<tbody>
<tr>
<td>Project 1: Research area of interest</td>
<td>25</td>
<td>10%</td>
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<tr>
<td>Project 2: Research questions</td>
<td>25</td>
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<tr>
<td>Project 3: Literature review</td>
<td>50</td>
<td>20%</td>
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<td>Project 4: Method</td>
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<td>Project 5: Consultation skill development and theoretical framework</td>
<td>50</td>
<td>20%</td>
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<tr>
<td>Project 6: Participation (activities, roleplays, and discussions)</td>
<td>50</td>
<td>20%</td>
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<tr>
<td>Total</td>
<td>250</td>
<td>100%</td>
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<table>
<thead>
<tr>
<th>Month</th>
<th>Day</th>
<th>Topic Covered</th>
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</table>
| January | 18 | - Check-In  
- Considerations for seminar this semester  
- Words of Wisdom from 2nd years |
| February | 1 | - Research: Timeline  
- Start role-playing: Setting the Tone |
| | 15 | - Research: Areas of Interest  
- Role-play: Confidentiality |
| March | 1 | - Research: Previous Research Bullet Points and Research Questions  
- Role-play: Silence |
| | 15 | - Research: Literature Review Outline  
- Role-Play: Multicultural Framework |
| | 29 | - Research: Detailed Literature Review and Research Questions  
- Role-Play: Clinical Notes and Theoretical Framework |
| April | 12 | - Research: Method  
- Role-Play: Special Topic and/or Possible Guest |
| | 26 | - Research: Bring It All Together  
- Role-Play: Special Topic and/or Possible Guest |

ACSM – deadline Nov. 1, *Annual Meeting*  
June 1-5, 2021, Washington, D.C.

APA – deadline Dec. 1, *Annual Meeting*  
Aug. 12-15, 2021, San Diego, CA

AASP – deadline Feb. 15, *Annual Meeting*  
Oct. 6-9, 2021, Las Vegas, NV

NASPSPA – deadline Jan. 15, *Annual Meeting*  
June 10-12, 2021 New Orleans, LA

SPR – deadline Apr. 1, *Annual Meeting*  
Oct. 13-17, 2021, Prague, Czech Republic